

NUTRITION EDUCATION LESSON PLAN

Local WIC Provider:

Lesson Title: Celebrate ! Eat Smart & Be Active	Developed by: Colorado State University	Date: 2009
	<local agency nutritionist name>	Review Date:

MOWINS NE topic(s): Other (document FNEP in general notes) and Child Nutrition/Feeding 1 yr/2 yr/3 yr/4 yr

Target Population*: Children ☒ Group Session

Learning Objective(s):

Participants learn about feeding children. They review the main messages from the previous lessons.

Learning Activities:

Participants learn about the division or responsibility regarding feeding children – what parents do and what children do. They discuss how this approach differs from what they do now and how to enlist the support of family members to try this approach at home. There is a review of the key points of each previous lesson. Participants plan meals and snacks for their family for one day. They participate in physical activity. Participants celebrate the changes they have made.

Content:

Parents can learn a new approach to feeding their children.
Involving other family members in this new approach to child feeding can help their success.

Methods, Materials, and Equipment

Est. Cost:

Evaluation Method:

FNEP Worksheet page 1 and 2.